Information sheet for the course
Muscle Test I.

University: *Alexander Dubček University of Trenčín*	
Faculty: *Faculty of Health Care*	
Course unit code: *ST1/d*	**Course unit title:** Muscle Test I.
Planned types, learning activities and teaching methods: *Lecture: 1 hour weekly/13 hours per semester of study; (full-time)* *Seminar: 2 hours weekly/26 hours per semester of study; (full-time)*	
Number of credits: *3*	
Recommended semester: *1st semester in the 1st year (full-time)*	
Degree of study: *I (bachelor)*	
Course prerequisites: *none*	
Assessment methods: *The student will acquire 50 points per semester:* - *Active participation in lectures and exercises.* - *Test / oral exam (25 points).* - *Practical exam (25 points).* *To obtain the user and must be obtained at least 47 points to get user B at least 43 points on the C rating of at least 39 points to score at least 35 points D and E score at least 30 points.*	
Learning outcomes of the course unit: *Student studying the subject Muscle Test I have theoretical knowledge in the theory of muscles of the human body and practical skills in the muscle test.*	
Course contents: **Lectures:** *1. Introduction.* *2. Muscle.* *3. General myology (construction of striated muscle, macroscopic shape muscle growth and regeneration of muscle, special myology).* *4. Muscles of the head (facial muscles, masseter muscles).* *5. Muscles of the neck.* *6. trunk muscles (muscles of the back, chest muscles).* *7. trunk muscles (muscles of the abdomen, pelvic floor muscles).* *8. Muscles of the upper limb (shoulder muscles).* *9. Muscles of the upper limb (arm muscles).* *10. Muscles of the upper limb (forearm muscles).* *11. Muscles of the upper limb (arm muscles).* **Exercises:** *1. Introduction to muscle test.* *2. Levels of muscle strength + base concepts as an agonist, antagonist, synergist.* *3. Muscle Test for neck flexion and extension.* *4. Muscle test for flexion and extension of the trunk-muscle test for elevation basin.* *5. Muscle Test for abduction and adduction of the scapula.* *6. Muscle Test for elevation and depression of the blade.* *7. Muscle test for flexion, extension and abduction arm.* *8. Muscle Test for extrarotáciu and intrarotáciu shoulders.* *9. Muscle Test for horizontal flexion and extension arm.* *10. Muscle test for flexion and extension of the elbow.*	

11. Muscle Test for supination and pronation of the forearm.

Recommended of required reading:

1. *JANDA, V.: 2004. Svalové funkční testy. Praha: Grada, 2004. ISBN 8024707225.*
2. *KOLÁŘ, P., et al.: 2009. Rehabilitace v klinické praxi. Praha: Galén, 2009. 76 p. ISBN 978-80-7262-657-1.*
3. *GÚTH A. et. al.: 2011. Vyšetrovacie metodiky v rehabilitácii. Liečreh Bratislava, 2011.*
4. *GÚTH A.: 2010. Propedeutika v Rehabilitácii. Liečreh Bratislava 2010*
5. *BINOVSKÝ, A.: 2013.* Funkčná anatómia pohybového systému. *Bratislava: Univerzita Komenského, Fakulta telesnej výchovy a športu, 2013. ISBN: 80-223-1380-7.*
6. *BINOVSKÝ, A.: 2013. Anatómia pre športovcov I. Bratislava: Univerzita Komenského, Fakulta telesnej výchovy a športu, 2013. ISBN - 978-80-223-3303-0.*

Language: *Slovak*

Remarks:

Evaluation history:

A	B	C	D	E	FX

Lectures: *Mgr. Ján Kotyra, PhD.*

Last modification: *22.04.2014*

Supervisor: *doc. MUDr. Juraj Čelko, PhD.*